

## Prepare for Practice the Memory and Future Steps Exercise

One of the goals of the memory and future visualizations is to elevate your emotional state for an extended period. Speaking the words of positive emotion throughout the memory and future steps helps create DOSE chemistry.

### Positive Emotional States

Here is a list of words that will help you describe your positive emotional state within your visualizations. Be creative with your vocabulary and continue to build on this list below.

- Connected
- Passionate
- Vibrant
- Happy
- Open
- Joyous
- Euphoric
- Proud
- Calm
- Loving
- Energized
- Adventurous
- Trusting
- Fulfilled
- Optimistic
- Capable
- Comfortable
- Excited
- Empowered
- Radiant
- Centered
- Relaxed
- Grateful
- Spontaneous
- Strong

## Memory

In the exercise below, you will use the template provided to recreate a positive memory. As you prepare to implement Step 7-Memory, it is helpful to start creating a library of positive memories to use while practicing the DNRS retraining steps. This exercise will help you get started.

### *Remember to:*

- Focus on positive feelings
- Speak in the present tense
- Avoid references to illness or past trauma
- Pick a new memory if it evokes loss
- Describe your memory in detail
- Give the emotion a color, texture, or movement
- Imagine moving the emotion through your body

### Memory 1:

Where are you? Who are you with? What are you doing?

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What do you see?

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What do you hear?

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What positive emotions are you experiencing?

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What do you smell? taste?

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What do you appreciate about this moment?

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Now you will linger in this positive emotion and describe it moving through your body.

If the emotion or feeling in this moment had a color, what would it be? If it had a movement or texture, what would it be?

Take 3 deep breaths.

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**Memory 2:**

Where are you? Who are you with? What are you doing?

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What do you see?

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What do you hear?

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What positive emotions describe this moment?

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What do you smell? taste?

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What do you appreciate about this moment?

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Now you will linger in this positive emotion and describe it moving through your body.

If the emotion or feeling in this moment had a color, what would it be? If it had a movement or texture, what would it be?

Take 3 deep breaths.

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**Memory 3:**

Where are you? Who are you with? What are you doing?

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What do you see?

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What do you hear?

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What positive emotions describe this moment?

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What do you smell? taste?

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What do you appreciate about this moment?

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Now you will linger in this positive emotion and describe it moving through your body.

If the emotion or feeling in this moment had a color, what would it be? If it had a movement or texture, what would it be?

Take 3 deep breaths.

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**Memory 4:**

Where are you? Who are you with? What are you doing?

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What do you see?

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What do you hear?

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What positive emotions describe this moment?

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What do you smell? taste?

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What do you appreciate about this moment?

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Now you will linger in this positive emotion and describe it moving through your body.

If the emotion or feeling in this moment had a color, what would it be? If it had a movement or texture, what would it be?

Take 3 deep breaths.

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